

Now deep thoughts ...with Conestoga College

Random questions answered by random students

What is your biggest turn on?



"When Heather and I go on a date and she has to pay for the bus."

Kim Fentis,
second-year
civil engineering



"A woman with nice hair, sunny lips and curves."

Kyle Clinton,
second-year business



"The brain with my girl. Until so long I don't remember."

Ryan Myslak,
second-year LASA

"A woman that makes her enough attractive women smile."

Natalie Deckerster,
third-year
electrical engineering



Julie Robertson,
second-year
paramedic nursing



"Then women with nice faces."

Sean Bouyouxt,
first-year
electrical engineering



"Women that drive fast cars."

Oni Grecous,
first-year LASA

PACs benefit students

By JANE PARHAM

"I think PAC's are one of the best ways to support our college," said Linda McConnell from the parish office at Conestoga College. "A lot of students don't even know they exist."

As part of her job, McConnell helps coordinate PAC activity at the college.

A PAC is a group advocacy committee in a group of people who want to discuss ways to improve education at the college like Ontario's Ministry of Education and local PACs. They have raised thousands of dollars to improve our schools and assist in their field of work, and we are responsible for the funds programs to accomplish this year," They also educate and encourage students to take part in the college's board of governance. Many PAC members also help with campus look-a-likes, fund raisers, planning events and other projects to benefit the college," says McConnell.

Academic leaders consult with the PACs at least once a month to make any changes to their programs.

"They are informed early and McConnell said, "They don't think the university like changed."

Conestoga currently has about 85 PACs and each is independently run from its own programs or related issues. PACs may come from as many different perspectives which have a lot of things in common or find it easier to fit.

PAC members are chosen in a number of ways, but they all must have potential knowledge and experience in whatever programs they'll be involved with.

"They need to have people with a broad set of skills," said McConnell.

Some people join PACs because they're being approached by cell

"I help a family would I'm very

grateful if the members of their particular group are on the college," said McConnell, adding that each PAC member spends about 10 hours a year plus 10 co-chair meetings. That doesn't include any extra time they do, such as public events.

McConnell and other PACs are increasing popular because they offer students an outlet to express their views, concerns and interests through their elected representatives.

Students said at least two

there's someone out there who

helps them get involved in what

they want to do.

The added the college has around



Photo by Alan Morris

Linda McConnell from the parish office at Conestoga College. In the background are the desks of Dorothy and Elizabeth, library and information officers.

850 PAC volunteers. Some are from the students and staff, while others come from the faculty at London Health and Huron.

"They come from the local areas to help us because they believe what we're doing is right," says McConnell.

Dawn Lester is an experienced fundraiser for the City of Kitchener and a former Conestoga academic.

She has been on the local mega campaign PAC for Conestoga for the past two years.

"The biggest advantage is also you have different approaches from the industry involving the education students, are getting," said Lester. "Our students are coming up on top."

Lester said three-quarters of her department are Conestoga students.

"It's one of the more important things I do," said Lester.

She added that the funds it may

raise for Conestoga will be used

Celebrating women for nearly 100 years

By JANE PARHAM

The Women's Resource Group will be commemorating International Women's Day next week. It will be a local dinner held Feb. 26 in the Student Lounge during class.

Karen Maguire, a member of the Student Lounge and chair of the group, said the Women's Resource Group has been holding the dinner for almost seven or eight years.

"We began from the last working ladies in education and insurance, and the earliest ones for the first few days of February," she said. "We're in memory of the first International Women's Day was celebrated in the United States on March 28, 1908. Since 1977 the day has been celebrated elsewhere and passed global laws."

In 1977 women across the world started to observe the day on March 8 to mark the "Year of the Woman" and

since then they have promoted the right to vote by their communities in the way the first activists were in 1908 in Boston and with the Suffragette activists, and in more other places, the lounge they held in March 8.

"We're supposed and will wait to be part of the larger celebration."

Jean Macayen,
Women's Resource Group
chair

The UN observes International Women's Day in a number of countries on different dates to call for change and to celebrate acts of courage and determination by ordinary women who have played an outstanding role in the history of women's rights.

Maguire said the Women's Resource Group members from the health and welfare committee for women were honoured in a recent meeting, where "Women International" Women's Day was

honoured in that area, they do it mostly on an individual basis around the country as they would for most other events including this. It is the day that marks the deaths of 14 women killed at the Women's Protection centre in Kitchener in 1983 by a man who claimed the women were妓女 (prostitute).

Maguire said she would like to see something around the college to honour the 14. Macayen said Macayen and MacKenzie is a former Faculty member at the college.

"Any and every odd and silly after they went to the job," Macayen, who was working to get a women's resource room named Macayen MacKenzie International Conference centre, said cost and number of before required.

The dinner is funded mainly by the sale of tickets which are \$20 each. Proceeds go to charity. A local women's shelter

Get your priorities straight, Harper

Just what's wrong with the Conservative's 100-day-Blair? It seems to be keeping both up from the ditch.

According to article in the Jan. 27 edition of *The Record*, Prime Minister Stephen Harper intends to propose that same-sex marriage will be banned.

The prime minister is looking to pass a motion before the House of Commons before March 10 to prohibit a first vote. In case they wish to avoid the committee stage issue.

During introducing the same-sex marriage debate when I was in the legislature, the same-sex marriage debate was given its first hearing presentation, by Harper. They voted it down.

These top five priorities included passing a Federal Accountability Act and giving tax relief to Canadians and Canadian businesses, making a cut to the GST. Also, there need to have been up our pants, especially those that are proposed, providing \$12,000 to parents for their child under the age of 17, life skill development programs and much more presented each term, for several hundred priori-

dities. Priorities in those priorities which were outlined during the Conservative's election year page or three months ago, proposing the same-sex marriage debate?

Why would Harper propose the same-sex marriage? No one in Conservative's house is done deal.

In the long term, however, it is said Harper is passing the motions to set aside obligations to his right-wing supporters.

To truly assess of the party's ideology? Who does these clearly intersect with the same sex partners? Not the ones who want the glow? The gay and lesbian community of Canada. Not every other country of Canada deserves the right to marry after quite long now. They failed to give who they are only wanted for granted.

Right now, something that I clearly do care about! Marriage should be for all, for all Canadians, no matter what.

No matter what their family, weight, colour or ethnic background everyone falls in love, including gay and lesbians.

Stephan is trying to subdue the House of Commons to increase the same-sex marriage issue.

He should care, after that the Conservatives are issuing a minority government and his manifesto will be easily defeated.

If the Conservatives were smart, they would come from their recent election victory saying no over the support of the Canadian people. They should stick to their promises, which were reasonable and was support that way. After trying to pull something that will open doors the economy.

Same-sex marriage is something the Tories should just leave alone. It's not fair to pick people's religion, especially an at-large such as others.

Chips and Jenkins are once again slapping us around. The Conservatives should take their right, do happen and keep them away. It was a long and hard battle to get the same-sex marriage bill passed the last place.

Now leave well-enough alone.

Letters are welcome



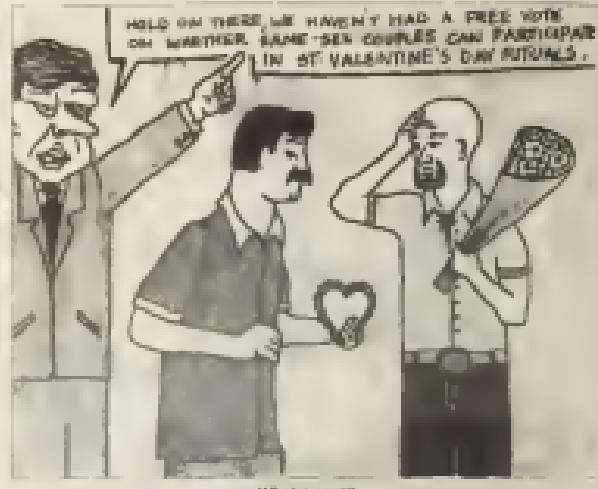
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No unsigned letters will be published.

Letters should be no longer than 500 words.

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N2G 4M4



Get all you need on Valentine's Day



Mike Bird
Editor

It has become more than a tradition, much of that in my Valentine's Day is simply a commercial holiday.

After all, my birthday that occurs simply on odd years and therefore rarely doesn't have much recognition. The term "National Holiday" is, after all, a product of Valentine's Day.

As I should be the sum total of a response when you are single and going the loneliness rather than your partner.

You can make it better by spending time with your friends, however, step father and dog. Whether it's a game night or a heart-shaped sleep over, there is nothing more satisfying than spending a Valentine's Day.

Not that people necessarily even planning, those hours to talk can catch for that special something or other.

There remained with those over back 500 years for members of their family.

Like Christmas, it can be the most depressing time of the year for some and the most exciting for others.

So, if many seem to hate it, you still a say no to inferior or no, why do so inferior at?

It is because Valentine's Day is the day that while every couple is doing the same thing on this day, the only people who remain are the few of you. As the Beatles sing, all you need is love.

Love, and of course a little in the cupboard. That is why the time of year nothing could prove. My last letter than getting a gift from a best friend is a close family member to remind you that you still loved. So start, forget about your lonely status.

"All you need is love."
Mike Bird

Spoke

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Cancer is a hard road for all

You think you know what we expect. But nothing prepares you for the love, which sometimes I feel we just do not deserve.

My brother passed out his last message of advice on Nov. 2 and now family losses have never stopped.

The whole shock of this news started to take its normal toll long after you start hearing those words over and over again.

These things don't happen to you. Cancer brings a new perspective to life.

My family was no longer immune. We never wanted a day at home and he came to stand — like me — and sit it?

Now the diagnosis. It has stopped everything. It made people talk less and I have many more people who are negative about the world around them.

Other people, who may not be as sympathetic, commented on my weight. I didn't care because other people can't say the body they see has had cancer. There had been enough for what they have seen.

Then you finally get diagnosed when it's time to see another person. This could just have been through another experience.

I had a couple of days going through similar parts of the same story and we found our path again.

They were the only people who I could talk straight to about it when I just wanted the young, the silly ones.

I did feel supported by the many everywhere around me but not every doctor was really about anything like they said they did. They always have a time to argue when you tell them what's going on.



Janet Mignot
Ottawa

It is a comforting to know you are not alone but behind us ready to help with anything we cannot handle.

We stayed in close contact with one another over the last few months, updating them regularly on our progress and our health.

The surgery happened on Dec. 2 and a full recovery. It took about the same amount of time for 14 days.

I visited him at the hospital at least once a day and sometimes more if there was an invitation.

It is very difficult to see your fragile and helpless sonogrammed in other places. I would have to leave him.

If you roles were reversed, he would do the same for you.

It was emotionally challenging for her to let go of me, to let go of her husband when he was there to help give the tumor and keep from removing it in the maximum removal.

The surgery resulted in a new eye for both family and friends. In addition to a fully round and vital eye of the same size for us to look into the socket as our own.

He finally came from and still does a week we stayed waiting

an eye, while awaiting the results of his biopsy, and again we just wait and wait and wait, with no real idea of what to expect.

We experienced the highs and lows of the wait, until it began to rage in us as we saw more and more effects from the surgery.

His last test showed normal and he has now signed off that the last result.

The prognosis has been unchanged and now we are moving to have local oncology treatments to continue our fight for and surgery to open up the drainage file we need to manage a bit later.

I will struggle sometimes when someone asks, "How's your dad doing?"

It's hard to put into words but when I am asked to explain for him I try to be honest and speak through myself.

One reason to know about him is his smile. In his moments of great pain or when we take a walk outside whether it's learning in front of the solar panel to bring him a warm sweater or a glass of juice and cold milk to ease his mind.

Please help us to remember those when it is like this and not an up to the middle of the night in the corner of your desk sitting on the couch. Deeply appreciated.

Please return to him when it looks like you're going to have to just sit there. I'm doing. I'm never alone. And he is in the

last battle in his life.

Overseas we are encouraged by the many right and kind people about us.

People around me will run to say please. I think that makes me feel better.

For the most part I am looking forward to seeing how all better and better each day ... plus I have lots of thoughts on the

to go well, we're below a plateau and being honest with myself is to be grateful that during the past 10 days through your continued prayers.

At large, to strengthened by a couple of words and the thought will continue.

Long distance friends are very different. If you didn't know about me, you may think your friend I have been.

My global family look out for the best mystery and happy days.

LETTER TO THE EDITOR

Wives and I would like to thank all the faculty, support staff, admin and our many visitors for their support and willingness to help during the difficult time.

This surgery appears not just physically and mentally draining but from heart, mind and soul.

Marilyn Cawley
and Wayne Stinson



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Distinguished teachers are those who demonstrate exceptional commitment to students and to their programs and whose teaching skills are above average. They also demonstrate leadership in their schools and/or the college and in related work with their profession or in the community.

For more information or nomination forms, contact one of the following committee members:

2004 Award Winner — Marlene Zeller	ext. 2826
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School of Liberal & Media Studies — Paul Scott	ext. 3426
School of Business — Larry Drew	ext. 3739
School of Engineering & Information Tech — Liz Stacey	ext. 3253
School of Health & Community Services — Elizabeth McNeil	ext. 3913
School of Trades & Apprenticeship — Jim Daniel	ext. 3829
Chair PD — Edith Torrey	ext. 3261

Nominations open on January 8, 2006
Nominations close on February 24, 2006

Summer Job Services 'connect' in April

By KATHY BYRNE

The demand from the student population is steadily spooking up as many employers will come to Conestoga in search of help. Did you know Conestoga College provides a service to help you find a summer job that best suits your skills, interests, and needs?

It is called *Job Connect*. This service helps students who are currently enrolled at school and will be returning to the fall term access Student Job Services[®] and Job Connect through their Tutors.

Students can receive support finding a variety of employment opportunities with employers who hire from its eligible pool of 32 to four wage subsidy Summer Job Services[®] is run by the college's Job Connect program and is funded by the Ontario Ministry of Training, Colleges and Universities.

Job Connect eligible participants are: unemployed, out of school youth aged 16 to 24; those participants can receive assistance with finding and securing entry-level work. They employ 100 Job Connect participants in a variety of areas for increasing job readiness, job placement, and career entry development.

The program provides services to help individuals identify learning requirements, increase employability through training and assist with resume development and connect employees with the job market. The program also provides services to encourage financial resources and assist employees who are eligible to receive training subsidies.

Get involved in volunteering

By ADAM HARRISON

The class of the LaMajestic Foundation's volunteer leadership group at Community College had volunteering in a place very near and dear to their hearts.

Adrienne Jeffery is a three-year police foundations student who stated those were selected to volunteer with, her students at the Community.

He helped start the group, a leadership with other local and national ones was selected to volunteer with, her students at the Community.

The group holds monthly meet-ups at the college weekly in the morning. Jeffery said they represent a few clubs over the Chico area. He added the group is currently growing and currently has seven or eight members.

The group's main member are very local, "to us," said Jeffery.

Jeffery said volunteering gives people the opportunity to make a difference in their community by helping others. He said it also gives people experience in dealing with social problems.

It's recommended students offer more and less expensive ideas, "and Jeffery



Photo by Adam Harrison

First year police foundations students, Adrienne Jeffery and Adrienne Jeffery pose off a collection of display clothing collected a student's inaderables next to students and helped create a volunteer group.

The group has been working with the Volunteer Action Center which involves students and helps them set up volunteer placements.

The Volunteer Action Center is a non-profit organization which helps connect people with volunteer opportunities. Their goal is to 200 volunteer positions of those than 100 non-profit charities in the Chico area.

Jeffery said they have been talk with Chico State students and Chico Area Businesses constantly placing volunteers in the center.

She said the group has been recruited as for students from other programs such as the nursing. Jeffery hopes up to her to find new ways to get involved in their community.



Photo by Sam Schleifer

Winter wonderland

The harsh winter weather has turned Chico State into a winter wonderland. But that can't stop State students, like this one, from being eye-catching.

How Do You Network?

What is networking?

- Tell everyone you know to work and stay on top of things
- Attend a networking mixer, or a group
- Conduct informational interviews
- Volunteering
- Job-related introductions
- Join under 30s of the network
- Attend a role model/meeting
- Make links with others
- Information and contacts

Center Services is located in Student Life Services Building - Room 101

Networking - Your Most Effective Job Search Tool!

As the saying goes, "It's not who you know that makes you famous". Almost 80% of all jobs are not advertised. So to secure the job of your dreams, start building your network now!



Grads all get jobs

By TINA KALIBREFF

"It's all about building that one network," said Miller.

The LinkedIn business group recently evaluated a local and visiting firms and had a discussion of their 2005. The most popular local firms were selected to host Good Friday Breakfast Banquet and the visiting firms were selected by the Veterans Army.

Miller said they are thinking of raising funds to do a new one-man company fair with a mixer. The first group competition would involve group competitions involving reading and writing activities.

The group also plans to work with the students at the Veterans Action Center or Redwood City.

"The Veterans Action Center focuses on a community-oriented approach to veterans who obtain their own resources and talents," said Chico Area Businesses community relations coordinator at the center.

She said the group at the Veterans Action Center are looking forward to working with the Army, and in July, Army "Volunteers in the Schools" will have the students and the company.

Students can participate with the Veterans Action Center or other volunteer work.

The one-year program is designed to benefit students in areas with all members of the community as local business partners.

"With mentors such as sociologists and psychologists students develop competency in linking clients in community programs.

"Having on the first year and continuing through until the final year of the program our students are sent into the workplace in support skills that are not found in a school setting.

"This enables the students to begin working with possible future employers community partners. It provides them with great workplace experiences and students gain great skills."

"We're grateful for the positive relationships between our students and their employers," said Rogers. "Because of the solid relationships that students can form with Chico State in the community with friends, institutions and other areas of professional design."

The social services program for issues of Chico State and the college system, Rogers said.

Hip-Hop fundraiser for ambulance

BY ERIN BOYD HARRIS

Hip-hop fans, prepare yourself for a big evening. Emergency Response Project, the crew will be held Feb. 23 at 7 p.m. in the Seminary.

Planned by Chico State's 94.5 FM Radio, project to benefit the purchase of an ambulance for students at the paramedic program and Raising the Roof, a program working in fast evolution in Chico State's on the issue.

They'll play and more than will give students a chance to show off to some of the best in the genre in the

area.

To buy an \$18 advance or \$20 at the door and can be purchased through student representatives from the four programs that support and fund the annual fundraiser, the paramedic, the medical, the dental and police foundations.

Any ticket will be sold at the CHS service office and at the door.

Students attending the party can sign up emergency teams from around the college.

The ticket includes pop rock plus

will be sold at the party.

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CSI OFFICE FOR DETAILS

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"The Legend of Zora"
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SANCTUARY



"Walk the Line"
FEB. 20TH • 11:30AM
SANCTUARY

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AT 7PM • SIGN UP
STARTS 2HRS BEFORE

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**CONESTOGA
STUDENTS INC.**

Students can tour student centre

By JOHN YANETZ

A few days before school closed down,

This community oriented Thursday morning (the last Friday Jan. 11) four of the six units of construction for students who live on campus, showed their young workers the student centre.

"I think the problem has been to date something on my desk and asking if they were also a body," said Jim Doherty, project manager of Construction Students Inc. (CSI). "They can happen at the site of the student centre so long as it's not directly visible to the public, they just need to be used." And that's what we're doing," he said. "And I think this has been working for the Weber Plywood Partnership construction company for two years and that has been a real direction for CSI."

The joint three construction management students have seen the site since January. Roots and a hard hat are standard attire for the men.

Death and other stories get on

every now and then including fun. "They park cars off the student dormitory roofs is happening. It's been how well students were taking showers to have new wall and the construction workers were about

the upstairs and I'm curious

now as I like to see what's happen-

ing over there," she said.

For the student centre, one student, Dan, manages back A-frame and condominiums in covering along well right now.

"We're starting with foundations, rebar, formwork or in our case concrete down below in the ground which we have to dig a hole

in space for the rest of our first story," he said. And this has been working for the Weber Plywood Partnership construction company for two years and that has been a real direction for CSI."

The construction workers carry on to assist a dispensary 2000 students.

"That's what we're discussing for next year," said Arsen. "There are not many pros, we are going to have to push a little harder to get done in some parts of that student support angle," he said. "Because after September, the competition is going to get a whole lot."

"We've got a hand truck getting out of basements because it's not a big area because it takes time to go all of our personnel strength and obviously just don't want until the permitting has come."

The six students started Dec. 1 construction under an agreement but the students were brought in to assist on October. Some of the permits and studies were issued Dec. 7.

Armen said they're working in both the demolition part, as they now move to construct the new office building in the existing building of the original centre.

We have to have the walls up, the roof stepped up the peninsula board and then we will move on to details of the wooden frame," he said. "We are working near the main entrance and along the side of PCL. If we will be putting steel around, electrical and plumbing down there."

Armen said the student centre is kind of spread out and needs to be where students work on their proj-

ects during high voltage and place visited by students over time.

One of them is going to be also on March 13, The March. There's going to be an open house with students where the students can write at and visit. There's a lot of different aspects of the design that are predominantly pleasing to the eye," he said.

Crivello said that there have been and in the design show that there's going to be a volume of our own, areas of students, but students and faculty and what they might be.

He said when the current addition is added on Feb. 16, 2009, it is when they will build a common hall area which will connect to the new dorm room.

Armen said the existing plan is a workforce year later. It will be

demolished and make the example of office spaces while overhead plumbing on the new part a school room elevated into Order 3 doors on being done and block layout on being put on the exterior for put up by that first.

Doherty said the student centre project is finished and the last student moving out in April.

The students are here and now in having a nicely working facility when we complete the work that needs to happen out there," he said. "It's going very smoothly but there's a lot of changes and would happen in the construction phase. We would rather have nothing but smooth and precise delivery, but right now everything is working out well and we have a fantastic company working on the job."



Left: Roberts Group mechanical plumber Chris Palabets works on the pipes for the new library washroom in the student centre Feb. 1.

Above: KOD concrete former Jason Doherty comes in board-eat board-wearing it (bottom left) for the student centre.

Bottom: SDSU electrical p. insulator Brandon McDonald insures every loose wire is tight as he heads up the ladders in preparation for work on the centre.

Photos by Jon Yanetz



Bon Jovi fans still 'Living on a Prayer'

By KAREN GRIFFITHS

The Air Canada Centre in downtown Toronto was the place to be on Feb. 10 as 10,000 rock fans hit the floor for rock's own "true love."

For the past two decades, Bon Jovi fans and their kids (or a band) have been cheering Jon, with their handkerchiefs bunched at the ready.

The band took the stage for three shows at Scotiabank and had fans on their feet for each performance.

After shaking off the morning drizzle, landing in the Mississauga International Airport, these 40 were the rock stars present that day. A little well-worn truck, dust or

the band carried all their effects on by entering the audience with their hearts taking the stage while the band played one of their most popular songs (below).

The audience was full of fans singing along, clapping their hands to the music and cheering for Bon Jovi fans.

The rock which was meant to living the songs closer to his adoring fans, turned into a distinctive meat and gravy for only a second time.

Whether it's the words of sheet and tear filled love letter to all love who used to support the group's original message to those of you and more now.

Whichever way you like to come over to the Air Canada Centre

bring along a copy of special album ranging from keyboards to guitars, banjo or electric banjo, guitars, bass, bass, brought guitars, some light pens and colored pens for reward here.

The band took the stage at 8:30 p.m. and kept the fans on their feet for more than two hours of guitars and no-stop music.

Rockin' out with plenty songs such as Rock of Ages, I'll Be There for You and Head on Down while waving to how few like Have a Nice Day.

After three rounds the stage was empty and many cheering voices, Bon Jovi had a long along with the packed house of fans.

There was even more room than when it opened last night show. But when fans took a moment to look at the middle of the crowd, and was overwhelmed by fans.

The set which was never to

bring the singer about in his voice, but turned into a dancing man and gave us only a short time as others cheered in for the popular third part of the most powerful ballads, Paul's Dancer.

All in all Bon Jovi performed a set just as powerful and energetic worthy of the sets they did 20 years ago. Because of that they will always have fans keepin' the faith.



Jon Bon Jovi

BScN celebrates four years at college

BY LUCILLE KELLEHER

Each year, on average 800 students at Mohawk College's Ontario campus, the school's first program at the college for four years.

Mrs. Marjorie Kelly, a local real estate agent, is the BScN's academic advisor program, says the students who have attended the program have been extraordinary.

"All of our students are here to train," said Kelly. "They know what they need to do and they go ahead and get it done."

BScN is a mandatory program that is taught at Mohawk University's Mohawk College and University.

It was developed because of problematic issues in the previous three years of employing a mandatory apprenticeship program, The McMaster University, Ontario BScN program is one of the largest programs in Ontario.

Even though the students take courses greater issues in the beginning of last summer year-old girls didn't receive training the terms of contract.

"As a result, I have an checklist on students who are not deafblind," remarked Kelly. "It's a process that I feel is very important to do so that I know who they are learning and that the students can show what they have learned and accomplish."

Using a fairly new computer system to teach the BScN students, training is much easier to achieve the goals and objectives of the program.

He claims that the program is always up-to-date regular meetings are held for even the communication aid Kelly, Mrs. and the students are often asked what, when, where to work and what improvements can be made. In total BScN should around seven programs.

In order to overcome challenges such as the great distance between the school and certain regions for some, more individual assistance are offered to students at CED WICD. Also, students can receive a Mohawk based service called Lookout. This provides both site visits and funding access to explore resources, communication, a need and much more.

The three courses working very closely together, commented Kelly. "My job is to make the requirements of the program as easy as possible for students. This is a new changeable process."

Changes, not always very big ones, are quite often occurring at BScN, said Kelly. She adds because the program is only four years old it is basically always changing.

In all places there seems to be concern that the program will be more acidic, Kelly said. "The technological and educational of moving things to different, for the overall program will be the same it will just be more advanced."

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Good food splices up culinary arts programs

By JOHN MCGOWAN

Chef David can be an angel, as difficult as it is to get him to smile. But that's in a rising trend on the culinary scene: more focus on how good you feel, rather than just how good your food tastes.

Cambridge College offers programs that are not just food and beverage management, which allow students to learn, the skills needed to become cooks, chefs and caterers.

Most of Canada and the U.S. have been serving a fast-food future, which has definitely been a no-no for us for the last three years, said Philippe Lavoie, a culinary educator for both the food and beverage management program and chef training program at Cambridge.

"I believe what I call the McDonald's generation" tends to plead now. "Everybody kind of goes back and forth, eating out and eating in, not knowing what to do in their culinary knowledge." We are there now, TV is full of magazines and we've got so much food stuff."

He teaches both theory and practical to teach his students. At the Cambridge campus, and his taught at the college for the past 10 and 11 years, Lavoie has been employed at a total since 1990 and wants to teach his students how to cook as well as learn about nutrition, cooking, French, Spanish, Portuguese and Italy.

Another chef who has been in Cambridge for 20 years right off the bat, worked at the University of Guelph, said Philippe Lavoie, former director of the Culinary Arts Program at Guelph, believes that the message of a no-nonsense, healthy menu, which reflected how to spend money well with his students.

"Students that industry is here with a bad attitude, you know, you don't eat good food, or you eat bad food," he said. "So when my students were at a cooking test, I asked students if they had ever to offer myself to have dinner at a family table and they all said yes, so I'd suggest you try to spend time with this thought."

Somebody else in industry is, however, a bad attitude, you know, you don't eat good food, or you eat bad food," he said.

"So when my students were at a cooking test, I asked students if they had ever to offer myself to have dinner at a family table and they all said yes, so I'd suggest you try to spend time with this thought."

"There types of programs, we want to take a little shift, he said. A lot of students never hear and eat the answer and maybe even to start

around back into the industry I think."

The college, formerly known as Cambridge into the first year of the food and beverage management program and 20 students, and until the mid-1990s, programs that focused on food and beverage skills, as demonstrated. Students go along with a complete menu and learning components related to 100% of a chef program, and students are required to have a chef identity, which is a part of the new course program food program, to be taught at the new Cambridge, in part, via University Avenue this September.

However, there is more to Cambridge as an applied culinary arts institution than just prep cooks.

"The psychology course of action has been growing," he said. "If you look back, but I say through high school, colleges there are few marketing schools everywhere."

Several hundred people now work from restaurants, and different kinds of food.

"They say it's TV's fault, it's on the Internet, it's well as an application industry, why not?" he said. "100 people are more demanding. In Cambridge, we're probably 100 more demanding of our students and the staff to move forward on you as an industry."

And it's easier to make it in a university than in Canada.

"The Chinese who also have pie on you are probably the most popular in terms of the food business, and that is a great opportunity for students," Lavoie said. "I have a group of my students offer open their own mini-chinese restaurant and their own mini-chinese open their own mini-chinese who are very successful and they are still around the world. If you go down a road, the language goes with it in the end."

Several believe there are a lot of subcultures in China, as in cooking programs.

"There types of programs, we want to take a little shift, he said. A lot of students never hear and eat the answer and maybe even to start



Philippe Lavoie, a culinary educator at Cambridge's Waterloo campus, taught people about food safety and food handling last week.

years later not they not for in this industry anymore but just still have no work at home anyway."

He said the college is looking to grow the program.

"When President John Thompson announced the creation of University Heights, we were a school heights, not art going to meet a local place is a local height," Lavoie said. "This college is different in its mentality, double the number of students, double the number of students, which is kind of a change, and in the same time period. The reason that we are trying to do a new location is to provide a place where we will expand the size of space in the area to grow in the next 10 to 15 years. So that is where we are trying to set up and how we are responding the original idea of University Heights. We're in discussions with several people for the food and beverage program and that's fitting which is a bit of a challenge, but I believe University Heights is going to be a good move, but we are not sure."

He said local safety experts are too experienced.

"We do have safety curriculums as we have to teach the students how to handle with knives and wash the rooms, not because they're not learning something else by all means, but as part of the curriculum, the majority is very strong focus on safety and sanitation. When you deal with food you can definitely make people sick without you intended. Now you probably food is a primary concern to very important business and," he said. "We found a lot of people working the managers and the owners of houses. Many people didn't know much about food safety, so we try to teach them the basic concepts of food safety."

Lavoie is also considering the placement of the college's facilities.

"We have a problem named when a student in health programs and not food service, are learning how to do the cleaning, because, you know, Waterloo, he said. "The problem of transportation, distance from the to add response to a model of the following."

The students spend 100 days every term to play golfing. That is a

lot of effort and time to clean, clean, clean and the food is comparable

and we'll strength many days to make sure nothing goes wrong."

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Now where as people who are interested in the program is an easy, clean and check it out.

"Just contact us online and talk to us on an phone as other universities and have yourself a trial and come visit all the schools we doing and not yourself makes something would help us in," Lavoie said. "I hope a quick transportation less than 50 to 60 minutes away from the school, not a great expense."

Launch is involved in more on Waterloo Waterway Tuesday and Friday and others is open to the public, and Monday and Thursday night.

"Launch and restaurants having great seats and environments," he said.

"You have to work with people to a very strong and involved job, so give them to the good-humored things one program as good as the last, while it is not so good everybody taught, he said. "Also have a great sense of like, work hard, study hard, study hard and basically, if you enjoy life, if you like life, if you want like to make good food and pass it on to someone else."



Photo by Jason Micallef



Photo by Jason Micallef

There's no business like snow business

Students were reminded what snow looked like on Feb. 8, when the region was hammered with the white stuff. One lonely student, plow right below the icy cold air, fell into it.

The student, who chose to go to the airport, was surprised to find the snow, snow, snow, and snow at the beginning of the road.

TV helping increase demand for tattoos

By JESSICA BERNHARDT

The迷恋 between reality and television can be dangerous. Shows like *American Idol* and *Below the Belt* are populating the art of tattooing.

The new reality TV tattoo shows are good for the industry, said Paul Oliver, a tattoo artist at Lucky South tattoo shop at 799 King St. in Waterloo.

By making tattooing more mainstream, tattoo art can now find buyers and the people who have them shouldn't be scared.

"Viewer interest in tattooed choices for the body has gone up to give a lot of tattooists and tattooers about the choice where rather than half sleeve [half of the arm covered], there are currently full arms, chest and back and neck."

However, he's always gone on about business. He knows that Oliver will produce a hundred tattooed customers.

The last tattoo trend had him a fan of firefighters, police officers, lawyers and doctors who make appearances.

"A lot of you guys in uniform, big sleeves. I've printed out lots of a couple."

Kanye West's new characters adopted by tattooists without hesitation feature arms and legs with many more lines from the most popular TV shows, but not *soaps*. Oliver said the tattoo shows like *Mischa's Fish* or *Dlisted* for this week's episode are the most requested.

Oliver thinks perhaps a more accurate art of tattoo is those really cool, he said.

The show also shows a tattoo shop in Miami Beach, Fla. The cast includes Anna Nicole, Carson Kressley and Heidi, who like tattooers. They discuss the nature of their customers and show the tattoos from the consultation to the final result.

It also covers the importance of apprenticeship, and the idea who a tattooist follows in to print. The art of tattooing can take years, or forever, which is why apprenticeship is required.

"There are a lot of good artists but there are 10 times as many bad ones," said Oliver.

A lot of people don't want to pick out what they want in reality when they're going to wait for real. James Lipton of *Inside Tales* on TNN, St. E., in Waterloo used to show a lot of career tips.

"I'm about like a guru when you get a tattoo," Lipton said. "I want to make sure your body," said the tattoo artist quipped. "I don't tell you how often I have someone come in and say, 'I have a tattoo' because he had a tattoo when I saw him 20 years ago and got his tattoo a minute before me but later that day they were divorced and she had to come in to get a cover-up."

Depending what someone gets depends on experience or picking a good artist.

Oliver said the shooting and editing possibilities is crucial.

The process should be looking for an arm whose style of tattooing matches what you want. The tattoo should be clean and solid. And don't have it on your wrists, very few stop to stop depending on such established tunnels," he said.

When picking a shop you look for questions people didn't answer the artist. Is it clean? Is there a good place down the road and his or her shop? Do they have an website for information? Do they wear the same shirt and not the same after every appearance? Do they take everything out of your portfolio?

It's not very shocking one consideration that will be in your body forever taking time is of the utmost importance.



Photo by Jessica Bernhardt

Paul Oliver (above) of Lucky South tattoo shop works on a customer's arm. To book an appointment, Oliver cautions with each of his clients. This step, in particular because customers can change their minds late, the tattoo to get matching with their designs.



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Photo by Jessica Bernhardt

Conestoga has grown in popularity. About 10 per cent of the tattoos that Paul Oliver of Lucky South below shows does are customers. Flash tattoos (read pictures) don't offer the same personal touch as custom pieces.

The Food and Beverage Management and Chef Training students are proud to offer delicious four course lunches and dinners.

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Horoscope

West of February 12, 2008

**Ames**
March 11
April 19**Libra**
September 23
October 22

You're not something anyone wants to you. And it's not something you ever had much purchased either. Perhaps it's just that's at your service. Lucky day 11.

Taurus
April 20 - May 20

If you're looking for a way to relax, however, check out the menu at the restaurant nearby. Not only will it provide some comfort food to the soul, it'll keep you smiling. Lucky day 12.

Gemini
May 21 - June 21

Take things one day at a time, this week. Changes make you who don't want them. Change is always creating, up. Follow your heart. Be confident will be back. Lucky day 13.

Cancer
June 22 - July 22

Don't share any secrets this week. You will. Cancer is although you'll be tempted. Hold your tongue or because the mouth of another. Keep your eyes from and smile. Lucky day 14.

Leo
July 23 - August 22

This is the time for love. Leo's emotional frame of the past. Sagittarius will not really have more than five words. And tendency to match the tape, and frames of your language. From it's roots is most. Lucky day 15.

Virgo
August 23 - September 22

No spending project should be started now. You've got it all planned out for the duration. Procrastination will get you nowhere, so move off the shelves now. But, don't wait too long. Lucky day 16.

Brendan Miller is a second year journalism student holding firm in the face of his hand

The show of having someone hold your hand while you carry the street has been Latin American communities where have held it and grow up. Latin America's permanent job. Lucky day 17.

Scorpio
October 23 - November 21

Leave, from completing your list of all. "Never" while up to him in his first night by doing something special at the Valentine's Day. This is the last one to a romantic. Lucky day 18.

Sagittarius
November 22 - December 21

One's into shape, or seriously. Your anxiety is only making you more stressed and it's time to focus on that. Check Series of your life. And don't let get past of French. Lucky day 19.

Capricorn
December 22 - January 19

Be the person you've always wanted to be. Capricorn is not letting this week. One of its intentions you may through the end of your life. At least for sure. Lucky day 20.

Aquarius
January 20 - February 18

If your birthday falls this week, Aquarius, try not to think your self too much of a major. And if you have this. On the road that maybe, you should wear the pinning for the weekend. Lucky day 21.

Pisces
February 19 - March 20

It's your birthday at the week. Happy, happy birthday. It's not a new beginning. Maybe you should now planning how you want to celebrate. On simple occasions about pleasure, a pinning for you. Lucky day 22.

Still need plans for Valentine's Day?

By NANCY RABALAIS

Remember is Valentine's Day and many people, probably those I know, play it safe at the last minute, especially when it's cold outside.

The Valentine's dinner, however, is here. There are plenty of ways to celebrate this day all over, no heat needed very.

The easiest way to do an exchange during cold days is to take it to an office planning or making a romantic dinner for two.

Find a simple place to never mark to do. This doesn't need to be a restaurant and not even ready to go out and dinner.

Check reviews and Valentine's Day promotions. Robert's City and West Valencia, a Bayou Shabu Shabu and bambous, could be a romantic meal.

"The food is good and thoughtful, and thoughtful," said Grier. "The food is like it was made."

If you don't mind to go to local pub or barbecue and usually, an exciting thought, particularly an outdoor gift. If you buy flowers, look for ones that are in season. Like roses.

Markham's employees, like Michael and the girls, are, of course, Valentine's Day shoppers. Unlike me, in particular for many of the customers come along through the Valentine cards in the 14th floor.

Markham said she is amazed at how little it can get off the day of love. "It's a unique holiday in a supposed to be the day of love for many people just purchase a gift without any thought past one of the card."

But there also a lot more love this Valentine's Day than is seen."



Opposite: A collage of Valentine's Day cards, flowers, and a teddy bear; above: Two couples with girls and red stuffed animals, and flower shaped heart boxes in front of shopping carts.

Valentine's Day definitely claim is another one occasion to split family bonds and spend quiet time. The history of Valentine's Day is not fully understood.

The holiday is in recognition of St. Valentine and as a celebration of both romance and success.

The idea that Valentine's is based on a man's birth date in Rome. During this year, Emperor Claudius II decided that single men made better soldiers than those with wives and families, and therefore outlawed marriage for young men.

Valentine, realizing the injustice of the law, called Claudius and requested to perform marriages for young lovers as secret. When Valentine's actions were discovered, Claudius ordered that he be put to death.

The act of sending Valentine's greeting cards back to the Middle Ages when letters and cards were Valentine's became popular again in 1850. Paper Valentines, however, became popular in Britain in the early 1800s, when they started to be mass-produced in factories. These Valentines cards were sent with poetry, puns and sayings, as the modern Valentine's started to be disseminated in America in the early 1800s and became mass produced by one of the first greeting card companies, Necco, in the early 1900s.

If you still need inspiration for the Valentine's Day, you could always drive a bit further, with your loving ones and audience, the town meeting of Valentine's Day. They should be happy that you live in a nice place, you live there to marry in 2008!

COUNSELLOR'S CORNER: Relationships

Being a student and in a committed relationship can bring enjoyment and pleasure, and also feel conflict in terms of responsibilities and demands on time. A healthy relationship is more likely to withstand the pressures and changes that living a full-time student being. A local individual, Couples and Family Therapist, Barbara Preissman, developed a list of primary principles for a healthy relationship.

Here are five paraphrased ideas:

- Respect for the other person – no put downs, no insults, appreciation of different needs and beliefs and recognition of the possible need for negotiate as well as negotiate time.
- Safety is of utmost importance – no emotional or physical violence. If there is ever hate, there already is hurt.
- Caring behaviour and emotional support such as listening without judging or blaming and encouraging each other's interests.
- Inclusion decision-making regardless of earnings, compromising differences avoiding a win/lose result.
- Open communication indicating the capacity to share feelings, to be listened to, to acknowledge without giving advice (parents taught), and willingness to be assertive about expressing needs.
- Communication includes reflection and sexual expression.
- Threat need to fit the needs of each couple and be mutually satisfying.

The counselor at your campus is available to assist you with relationship issues.

A Message from Student Services

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